

Second Trimester (4 to 6 months): Changes You May Feel

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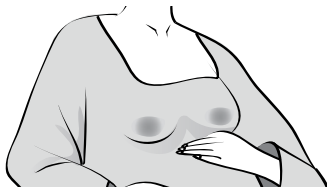
Tips to help

You may feel your baby move. Some women say that this is like fluttering, bubbles, or like their baby is poking! Often one begins to feel closer to their baby and interested in their baby's growth.



- Get to know your baby.
- Take note of when you first feel your baby move. Tell your health care provider.
- Elders speak about the benefits of singing to your baby in the womb beginning around now. Your baby will learn your voice and later will recognize your songs and be calmed by these as a newborn.

Fluid may leak from your nipples.



- This is normal.
- Some women wear thin breast feeding pads in their bras.

Some women get dark patches on their face or cheeks. This is caused by pregnancy hormones. These changes usually fade after birth.

- Sun may increase the color changes.
- Wearing a hat and/or sunscreen can help.

Some women get varicose veins and/or discomfort in their legs. This is caused by the weight of your baby and pregnancy hormones.



- Walking helps the flow of blood in your body. It may help your legs feel better.
- Do not cross your legs when sitting.
- Put your feet up when sitting.
- Wear support stockings if needed.
- Talk to you health care provider.

When brushing and flossing your teeth, the gums may bleed more easily.

- Continue to brush and floss regularly.
- See a dentist at least once during your pregnancy. Remember to tell your dentist that you are pregnant.

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Tips to help

Some women have lower back pain. This is caused by the extra weight in the front of your body.

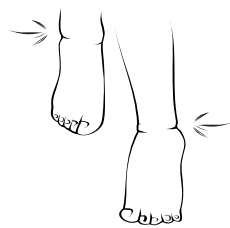


- Practice pelvic tilts. Flatten your lower back by pulling in your stomach and buttocks.
- Doing pelvic tilts while on hands and knees can especially help back pain--look up the yoga cat-cow poses!
- Wear comfortable shoes with low heels.
- Avoid standing for long periods of time.
- Be careful how you lift and carry heavy children and objects.
- Some women get comfort from massage.

Some women become constipated (difficulty having a poo). Having to strain to have a poo (bowel movement) can lead to hemorrhoids (painful area around your anus).

- Drink about 8 glasses of water every day.
- Eat fiber foods like whole grain breads, prunes, and bran.
- A glass of pear juice per day can help alleviate constipation. Ask about other safe plant remedies from your own territory.
- Activities like walking and swimming help.
- Talk to your health care provider.

Swollen hands and ankles are very common, especially near the end of the 2nd trimester. This is caused by extra fluid in your body and pregnancy hormones.



- Put your feet up.
- Sleep on your side. Either left or right side is fine.
- Avoid long periods of sitting or standing.
- Drink about 8 glasses of water every day. Certain foods like watermelon, cucumber, and nettle tea can help with the swelling.
- Talk to your health care provider.
- Swelling on one side of your body could be a blood clot. Get medical help right away if this happens.

Your interest in sex may change.

Talk to your partner about your feelings.